



Slow-Cooker Colombian Beef and Sweet Potato Stew

 Gluten Free  Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef chuck boneless
- 28 oz canned tomatoes whole with basil, undrained organic peeled canned
- 1 stick cinnamon
- 8 apricot dried cut in half
- 1 bay leaves dried
- 6 servings parsley fresh chopped
- 2 teaspoons garlic finely chopped

- 1 large onion cut into eighths
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 3 cups sweet potatoes and into peeled
- 1.5 teaspoons vegetable oil

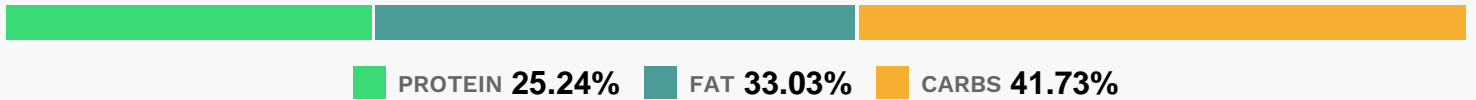
Equipment

- frying pan
- slow cooker

Directions

- Remove excess fat from beef.
- Cut beef into 1-inch pieces.
- Sprinkle beef with salt and pepper. In 10-inch skillet, heat oil over medium-high heat. Cook beef in oil about 5 minutes, stirring occasionally, until brown.
- In 4- to 5-quart slow cooker, mix beef and remaining ingredients except apricots and parsley. Cover; cook on Low heat setting 6 to 8 hours or until beef is tender.
- Stir in apricots. Cover; cook on Low heat setting about 15 minutes or until apricots are softened. Discard cloves, bay leaf and cinnamon stick.
- Sprinkle stew with parsley.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:24.563043884609%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.77mg, Quercetin:

5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 266.04kcal (13.3%), Fat: 10.14g (15.59%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 23.79g (8.65%), Sugar: 12.74g (14.16%), Cholesterol: 52.16mg (17.39%), Sodium: 485.34mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Vitamin A: 10324.16IU (206.48%), Vitamin K: 74.6µg (71.05%), Zinc: 6.22mg (41.47%), Vitamin B12: 2.06µg (34.4%), Vitamin B6: 0.64mg (31.9%), Potassium: 913.97mg (26.11%), Vitamin C: 21.52mg (26.08%), Vitamin B3: 4.95mg (24.77%), Manganese: 0.48mg (23.79%), Selenium: 16.63µg (23.76%), Phosphorus: 218.47mg (21.85%), Iron: 3.93mg (21.82%), Fiber: 5.01g (20.04%), Copper: 0.3mg (14.82%), Vitamin B2: 0.24mg (14.3%), Magnesium: 54.22mg (13.56%), Vitamin B5: 1.26mg (12.63%), Vitamin E: 1.82mg (12.14%), Vitamin B1: 0.18mg (12%), Calcium: 99.23mg (9.92%), Folate: 32.17µg (8.04%)